



# Governor Huntsman's Work Well Recommendations

1. Offer healthy menu choices at each work meeting, conference, and training where food is served.
2. Post healthy eating messages in cafeterias, break rooms, and vending areas.
3. Work with vendors in state facilities to include healthy options in vending machines, based on customer preference.
4. Encourage employees to exercise, including utilization of the existing exercise release policy of 30 minutes, three times per week, with supervisor approval.
5. Promote the use of stairs as a way to get more daily physical activity.
6. Encourage employees to walk, bike, or bus to work and, where circumstances permit, provide showers, lockers, bike racks, discounted bus passes, and flexible working schedules.
7. Educate employees about trails and pathways that are safe and near worksites.
8. Establish worksite wellness councils to support healthy eating and daily physical activity.

[www.healthyutah.org/workwell](http://www.healthyutah.org/workwell)